



# **Formidable Strength & Conditioning Swimming WA Open Water Series Strength & Conditioning Program**

## **Advanced Gym Program**

### **Information:**

This Program is designed for individuals that have at least 1 years experience working consistently in a gym environment or for those that have tried the basic program and are looking for something more challenging. The program is designed to decrease the chance of injury and develop upper body strength to help individuals swim more efficiently.

All exercises are done on effort based (%) on how you feel on the day you are doing the program.

If you have a targeted open water race coming up, decrease the week before and the week of the race's session volume by up to 50% to help you prepare for the race.

**Please feel free to email us [contact@formidablestrength.com.au](mailto:contact@formidablestrength.com.au) or phone 0412 458 114 regarding any of the following:**

Help on which program would suit your needs best;  
Injury history that prevents you from doing certain exercises;  
Unsure of what some of the exercises are.

For more information about who we are and what we do please visit our website  
[www.formidablestrength.com.au](http://www.formidablestrength.com.au).

**From all the coaching team at Formidable Strength & Conditioning, we wish you a fun and fast SWA Open Water Series!**

**#beforemidable**

## **In downloading the Formidable Programs, you hereby:**

**\*declare that you have obtained independent legal advice; or**

**\*waive your right to obtain independent legal advice and accept this Disclaimer, Liability Waiver and Indemnification Agreement freely on your own volition without duress, coercion or undue influence.**

### **Disclaimer**

Formidable Strength and Conditioning Pty Ltd (**Formidable**) has created online training programs (**Formidable Programs**) for use by members of the Western Australian Swimming Association Inc.

As with any physical activity, it is important that before beginning any fitness regime, you consult with your health care professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

No information contained in Formidable Programs are intended to be used as medical advice and the Formidable Programs are not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information contained in the Formidable Programs, you should carefully evaluate the accuracy and relevance of the information for their purposes and obtain appropriate professional medical advice.

You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

You require a moderate level of fitness to follow the Formidable Programs. Persons with pre-existing medical conditions, in poor health, or with any concerns as to commencement of a new fitness regime should consult with an appropriate healthcare professional before beginning any of these programs.

You are responsible for making your own inquiries and for seeking independent advice from a qualified healthcare professional before acting on any information or material made available to you through the Formidable Programs.

The information contained in the Formidable Programs may not be suitable to your particular circumstances and is not a substitute for obtaining specific advice from a qualified health care professional.

Formidable strongly recommends that you consult with your doctor before beginning any exercise program. If you are under 18, pregnant, or have health problems consult your doctor about specific medical conditions.

### **Liability Waiver and Indemnification Agreement**

In consideration for having access to the Formidable Programs, you hereby waive, release, and discharge all claims and damages for personal injury, death and/or property damage which you may sustain as a result of participating in the Formidable Programs and resulting from negligence or misconduct whether by act or omission of Formidable.

This release is intended to discharge in advance Formidable, including its directors, officers, employees, contractors and/or agents including their heirs, agents, representatives, successors and assigns from and against all liabilities, actions, claims, demands, suits, hearings, expenses or costs arising from or in any way connected with your participation in the Formidable Programs and resulting from any negligence or misconduct and whether it be by act or omission of Formidable.

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You further agree to fully indemnify and to hold Formidable, its directors, officers, employees, contractors and/or agents free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of any injury (including the aggravation, acceleration or recurrence of such an injury), the contraction, aggravation or acceleration of a disease or any other condition, and/or death that you may sustain while participating in the Formidable Programs.

**By downloading the Formidable Programs, you agree that you have carefully read and fully understand this Disclaimer, Liability Waiver and Indemnification Agreement and acknowledge and agree that the terms of this Disclaimer, Liability Waiver and Indemnification Agreement become irrevocable between you and Formidable.**

# "Phase 1 - Advanced Gym"









**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


**Week 1**


**Week 2**


**Week 3**


**Week 4**


**Cool Down: All the session in this program follow the same Cool Down**


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				



**Session 1**

If exercises have 1A and 1B that means it is a super set and need to be done together.

Example 1A lat pull down and 1B seated row is 12 lat pull downs followed by 8 seated rows then rest.

**1A Lat Pulldown**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0	0	0	0
Load	75%	75%	75%	75%

**1B Seated Row**



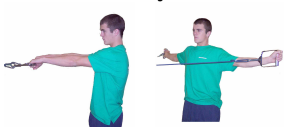
Sets x Reps	3 x 8	3 x 8	3 x 8	3 x 8
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

**2A Single Arm Row - Dumbbell**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load	65%	65%	65%	65%

**3A Reverse Fly - cable machine**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load				

**4A Plank - Forearms on Exercise Ball**



Sets x Reps	3 x 30s	3 x 30s	3 x 35s	3 x 35s
Rest	30	30	30	30
Load				

**5A Back Extension - Front Dish**



Sets x Reps	3 x 8	3 x 8	3 x 10	3 x 10
Rest	60	60	60	60
Load				

**Week 1****Week 2****Week 3****Week 4****Session 2**

1A Assisted Chin Up - Machine or Band



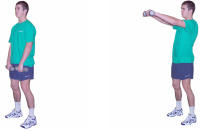
Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0s	0s	0s	0s
Load	75%	75%	75%	75%

1B Bench Pull - Dumbbell



Sets x Reps	3 x 8	3 x 8	3 x 8	3 x 8
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

2A Front Raise - Dumbbell



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0s	0s	0s	0s
Load				

2B Lateral Raise - Dumbbell



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

3a Bridge - Double Leg



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0	0	0	0
Load				

3b Abdominal Crunch - Knees Bent - Feet Flat



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0	0	0	0
Load				

3c Plank - Elbows &amp; Toes



Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	60	60	60	60
Load				

# "Phase 2 - Advance Gym"









**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


**Week 1**


**Week 2**


**Week 3**


**Week 4**


**Cool Down: All the session in this program follow the same Cool Down**


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

**Session 1**

If exercises have 1A and 1B that means it is a super set and need to be done together.

Example 1A lat pull down and 1B seated row is 12 lat pull downs followed by 8 seated rows then rest.

**1A Lat Pulldown**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0	0	0	0
Load	75%	75%	75%	75%

**1B Seated Row**



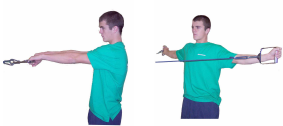
Sets x Reps	3 x 10	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

**2A Single Arm Row - Dumbbell**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load	75%	75%	75%	75%

**3A Reverse Fly - cable machine**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load				

**4A Plank - Forearms on Exercise Ball**



Sets x Reps	3 x 40	3 x 40	3 x 45	3 x 45
Rest	30	30	30	30
Load				

**5A Back Extension - Front Dish**



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60	60	60	60
Load				

**Week 1****Week 2****Week 3****Week 4****Session 2**

1A Assisted Chin Up - Machine or Band



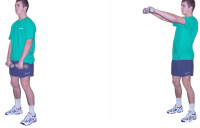
Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0s	0s	0s	0s
Load	85%	85%	85%	85%

1B Bench Pull - Dumbbell



Sets x Reps	3 x 10	3 x 10	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

2A Front Raise - Dumbbell



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0s	0s	0s	0s
Load				

2B Lateral Raise - Dumbbell



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

3a Bridge - Double Leg



Sets x Reps	3 x 15	3 x 15	3 x 15	3 x 15
Rest	0	0	0	0
Load				

3b Abdominal Crunch - Knees Bent - Feet Flat



Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	0	0	0	0
Load				

3c Plank - Elbows &amp; Toes



Sets x Reps	3 x 30	3 x 35	3 x 35	3 x 40
Rest	60	60	60	60
Load				

# "Phase 3 - Advanced Gym"









**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


**Week 1**


**Week 2**


**Week 3**


**Week 4**


**Cool Down: All the session in this program follow the same Cool Down**


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

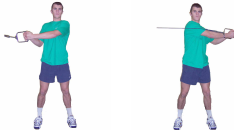


**Week 1****Week 2****Week 3****Week 4****Session 1****1A Reverse Grip Pulldown**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	90	90	90	90
Load	85%	85%	85%	85%

**2A Seated Shoulder Press - Dumbbell**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

**3A Wood Chop - Shoulder Height - Cable Machine**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30	30	30	30
Load	65%	65%	65%	65%

**4A Single Arm Row - Dumbbell**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load	75%	75%	75%	75%

**5A Plank - Forearms on Exercise Ball**

Sets x Reps	3 x 45	3 x 45	3 x 45	3 x 45
Rest				
Load				

**5B Kneeling Opposite Arm & Leg Extension**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45s	45s	45s	45s
Load				

**Week 1****Week 2****Week 3****Week 4****Session 2****1A Chin Up**

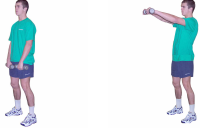
Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest				
Load				

**1B Seated Row**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

**2A Lateral Raise - Dumbbell (Light weight, control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**2B Front Raise - Dumbbell (light weight, control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**2C Reverse Fly - Elastic Cord or cable machine (control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60	60	60	60
Load				

**3a Back Extension - Front Dish**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45	45	45	45
Load				

**4a Abdominal Double Crunch - Alternate Straight Arm & Leg**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	30s	30s	30s	30s
Load				

# "Phase 4 - Advanced Gym"









**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					


**Week 1**


**Week 2**


**Week 3**


**Week 4**


**Cool Down: All the session in this program follow the same Cool Down**


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				


	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest				
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
	Rest	0	0	0	0
	Load				

**Week 1****Week 2****Week 3****Week 4****Session 1****1A Reverse Grip Pulldown**

Sets x Reps

Rest

Load

3 x 12

45

65%

3 x 10

60

75%

3 x 8

90

85%

3 x 6

90

95%

**2A Seated Shoulder Press - Dumbbell**

Sets x Reps

Rest

Load

3 x 12

45

65%

3 x 10

60

75%

3 x 8

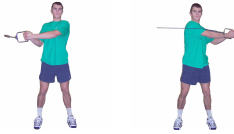
90

85%

3 x 6

90

95%

**3A Wood Chop - Shoulder Height - Cable Machine**

Sets x Reps

Rest

Load

3 x 12

30

3 x 12

30

3 x 12

30

3 x 12

30

**4A Single Arm Row - Dumbbell**

Sets x Reps

Rest

Load

3 x 12

45s

65%

3 x 10

60

75%

3 x 8

90

85%

3 x 6

90

95%

**5A Plank - Forearms on Exercise Ball**

Sets x Reps

Rest

Load

3 x 45

3 x 45

3 x 45

3 x 45

**5B Kneeling Opposite Arm & Leg Extension**

Sets x Reps

Rest

Load

3 x 12

45s

3 x 12

45s

3 x 12

45s

3 x 12

45s

**Week 1****Week 2****Week 3****Week 4****Session 2****1A Chin Up**

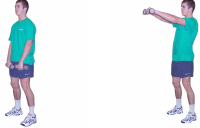
Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest				
Load				

**1B Seated Row**

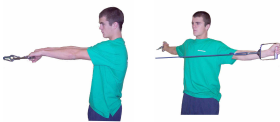
Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	45	45
Load				

**2A Lateral Raise - Dumbbell (Light weight, control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**2B Front Raise - Dumbbell (light weight, control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**2C Reverse Fly - Elastic Cord or cable machine (control focus)**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60	60	60	60
Load				

**3a Back Extension - Front Dish**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	45	45	30	30
Load				

**4a Abdominal Double Crunch - Alternate Straight Arm & Leg**

Sets x Reps	3 x 12	3 x 14	3 x 16	3 x 18
Rest	30s	30s	30s	30s
Load				

# "Phase 5 - Advanced Program"









**Week 1**

**Week 2**









**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

<p>Row</p> 	<p>Sets x Reps Rest Load</p>	<p>x 2min 30sec</p>	<p>x 2min 30sec</p>	<p>x 2min 30sec</p>	<p>x 2min 30sec</p>
<p>Inch Walk - Hamstring Stretch</p> 	<p>Sets x Reps Rest Load</p>	<p>x 10</p>	<p>x 10</p>	<p>x 10</p>	<p>x 10</p>
<p>Lateral Leg Rolls - Feet on Floor</p> 	<p>Sets x Reps Rest Load</p>	<p>x 12</p>	<p>x 12</p>	<p>x 12</p>	<p>x 12</p>
<p>Spiderman Crawl - Dynamic</p> 	<p>Sets x Reps Rest Load</p>	<p>x 12</p>	<p>x 12</p>	<p>x 12</p>	<p>x 12</p>
<p>Back Rolls - Low Back Stretch</p> 	<p>Sets x Reps Rest Load</p>	<p>x 10</p>	<p>x 10</p>	<p>x 10</p>	<p>x 10</p>
<p>Thoracic Spine Mobility - Foam Roller</p> 	<p>Sets x Reps Rest Load</p>	<p>x 30s</p>	<p>x 30s</p>	<p>x 30s</p>	<p>x 30s</p>
<p>Latissimus Dorsi Self Massage - Foam Roller (both sides)</p> 	<p>Sets x Reps Rest Load</p>	<p>x 30sec</p>	<p>x 30sec</p>	<p>x 30sec</p>	<p>x 30sec</p>
<p>Quadriceps Self Massage - Foam Roller (both legs)</p> 	<p>Sets x Reps Rest Load</p>	<p>x 30sec</p>	<p>x 30sec</p>	<p>x 30sec</p>	<p>x 30sec</p>

**Week 1****Week 2****Week 3****Week 4****Cool Down: All the session in this program follow the same Cool Down**

	Adductor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Latissimus Dorsi Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Piriformis & Gluteal Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Pectoral Stretch - Towel Behind	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Triceps Stretch - Hand Over Shoulder - Traction Elbow	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hamstring Stretch - Seated on Floor	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor - Quadriceps Stretch - Kneeling	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				



**Week 1****Week 2****Week 3****Week 4****Session 1****1A Lat Pulldown**

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	90	90	90	90
Load	85%	85%	85%	85%

**2A Seated Row**

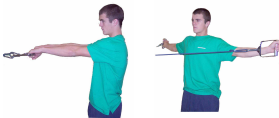
Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	90s	90s	90s	90s
Load	85%	85%	85%	85%

**3A Floor Press - Dumbbells**

Sets x Reps	3 x 8	3 x 8	3 x 8	3 x 8
Rest	0	0	0	0
Load	75%	75%	75%	75%

**3B Single Arm Row - Dumbbell**

Sets x Reps	3 x 8	3 x 8	3 x 8	3 x 8
Rest	0	0	0	0
Load	75%	75%	75%	75%

**3C Reverse Fly - Elastic Cord or cable machine**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**4A Sit Up - Medicine Ball**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**Plank - Elbows & Toes**

Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				

**Week 1****Week 2****Week 3****Week 4****Session 2****1A Chin Up - Reverse Grip**

Sets x Reps	3 x 10	3 x 10	3 x 10	3 x 10
Rest	60s	60s	60s	60s
Load				

**2A Inverted Row - Assisted with Knees Bent**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**3A Push Up - Modified - Hands on Suspension Trainer - TRX**

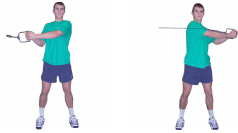
Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**3B Lying Reverse Fly - Thumbs Up - Dumbbell**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**4A Bridge - Double Leg (hold for 3 seconds at top)**

Sets x Reps	3 x 20	3 x 20	3 x 20	3 x 20
Rest				
Load				

**4B Cable Wood Chop - Shoulder Height**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**4C Side Plank - Forearm & Foot**

Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				

# "Phase 6 - Advanced Gym"









**Week 1**

**Week 2**









**Week 3**

**Week 4**

**Warm up: For all the session in this program follow the same warmup**

Row	Sets x Reps Rest Load	x 2min 30sec	x 2min 30sec	x 2min 30sec	x 2min 30sec
					
Inch Walk - Hamstring Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Lateral Leg Rolls - Feet on Floor	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Spiderman Crawl - Dynamic	Sets x Reps Rest Load	x 12	x 12	x 12	x 12
					
Back Rolls - Low Back Stretch	Sets x Reps Rest Load	x 10	x 10	x 10	x 10
					
Thoracic Spine Mobility - Foam Roller	Sets x Reps Rest Load	x 30s	x 30s	x 30s	x 30s
					
Latissimus Dorsi Self Massage - Foam Roller (both sides)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					
Quadriceps Self Massage - Foam Roller (both legs)	Sets x Reps Rest Load	x 30sec	x 30sec	x 30sec	x 30sec
					

**Week 1****Week 2****Week 3****Week 4****Cool Down: All the session in this program follow the same Cool Down**

	Adductor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Latissimus Dorsi Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Piriformis & Gluteal Self Massage - Foam Roller	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Pectoral Stretch - Towel Behind	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Triceps Stretch - Hand Over Shoulder - Traction Elbow	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hamstring Stretch - Seated on Floor	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				
	Hip Flexor - Quadriceps Stretch - Kneeling	Sets x Reps	2 x 30	2 x 30	2 x 30	2 x 30
		Rest				
		Load				

**Week 1****Week 2****Week 3****Week 4****Session 1****1A Lat Pulldown**

Sets x Reps	3 x 5	3 x 5	3 x 5	3 x 5
Rest	90	90	90	90
Load	95%	95%	95%	95%

**2A Seated Row**

Sets x Reps	3 x 5	3 x 5	3 x 5	3 x 5
Rest	90s	90s	90s	90s
Load	95%	95%	95%	95%

**3A Floor Press - Dumbbells**

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	0	0	0	0
Load	85%	85%	85%	85%

**3B Single Arm Row - Dumbbell**

Sets x Reps	3 x 6	3 x 6	3 x 6	3 x 6
Rest	0	0	0	0
Load	85%	85%	85%	85%

**3C Reverse Fly - Elastic Cord or cable machine**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**4A Sit Up - Medicine Ball**

Sets x Reps	3 x 12	3 x 12	3 x 14	3 x 14
Rest				
Load				

**4B Plank - Elbows & Toes**

Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				

**Week 1****Week 2****Week 3****Week 4****Session 2****1A Chin Up - Reverse Grip**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**2A Inverted Row - Assisted with Knees Bent**

Sets x Reps	3 x 12	3 x 12	3 x 15	3 x 15
Rest	60s	60s	60s	60s
Load				

**3A Push Up - Modified - Hands on Suspension Trainer - TRX**

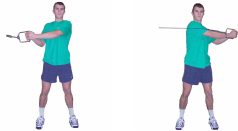
Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest	60s	60s	60s	60s
Load				

**3B Lying Reverse Fly - Thumbs Up - Dumbbell**

Sets x Reps	3 x 8	3 x 8	3 x 8	3 x 8
Rest	60s	60s	60s	60s
Load	75%	75%	75%	75%

**4A Bridge - Double Leg (hold for 3 seconds at top)**

Sets x Reps	3 x 20	3 x 20	3 x 20	3 x 20
Rest				
Load				

**4B Cable Wood Chop - Shoulder Height**

Sets x Reps	3 x 12	3 x 12	3 x 12	3 x 12
Rest				
Load				

**4C Side Plank - Forearm & Foot**

Sets x Reps	3 x 30	3 x 30	3 x 30	3 x 30
Rest	30	30	30	30
Load				